A Guide to
SELF LOVE
with Aphasia

Part 1: Exercise Your Mind
Part 2: Exercise Your Body
Part 3: Create Connection
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## Exercise Your Mind

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Exercise
Your
MIND

Getting Started:
3 Tips for Basic Meditation
Getting Started

3 Tips for Basic Meditation

1. **Start easy**
   - Start with 2 minutes
   - Meditate for 2 minutes

2. **Set reminders**
   - Set reminders every morning
   - Meditate for 2 minutes every morning
Getting Started

3 Tips for Basic Meditation

3. Check-in with your mood
   Notice your feelings
   Check-in with your mood
   Next, start to breathe
Exercise

Your

MIND

Practicing Meditation:

3 Tips for Practicing Meditation
Practicing Mediation:

3 tips for Practicing Meditation

1. Breathe into your belly

   Breathe into your belly - count to 5
   Breathe out of your belly - count to 5
   Breathe into your belly - count to 5
   Breathe out of your belly - count to 5
Practicing Meditation:

3 tips for Practicing Meditation

2. **Focus on your breath**

   Focus on your breath
   
   Thoughts will come up
   
   Focus on your breath
   
   Important thoughts will return later
   
   This time is for you
   
   You deserve to feel good!
Practicing Meditation:

3 tips for Practicing Meditation

3. Smile

Smile!

You are doing it right

Meditation gets easier with practice

All meditation is good meditation
Exercise

Your

Body

5 Easy Stretches

Exercise in your chair
5 Easy Stretches

- 5 Chair Stretches
- Do what you can
- Modify the stretches for you
- All exercise is good exercise

(Pictures are from this [website](#))
1. Cat Cow
2. Arms Raised
3. Forward Fold
4. Chest Opener
5. Hip Opener
Create

Connection

Practice with friends

Retreats

Support Groups
Practice with Friends

• Meditate with your family
• Meditate with your friends
• Meditate with your caregiver
• Set goals together!
Retreats

Make time for your health

Make time for your wellbeing
Retreats

• Kripalu Yoga Retreat
  o Click here for Kripalu Yoga

• Aphasia Center of Maine Retreat
  o Click here for Aphasia Center

• Sea to Sky Aphasia Camp
  o Click here for Aphasia Camp
Support Groups

• Online Aphasia Support:
  - Click here for Aphasia Recovery Connection

• Local Aphasia Support:
  - Click here for a local aphasia group

• Group Therapy:
  - Click here for the American Psychological Association
More Resources:

- http://ineedmotivation.com/100-benefits-of-meditation/
- https://liveanddare.com/types-of-meditation
- https://www.psychologytoday.com/blog/the-courage-be-present/201001/how-practice-mindfulness-meditation
- https://www.verywell.com/chair-yoga-poses-3567189